



*Friendship Heights*

# VILLAGE NEWS



**A holiday trip to the Brandywine Valley—see page 5.**

DECEMBER 2018 VOLUME 34, NO. 12 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) 301-656-2797

## A trip to a museum of Biblical proportions

Visit one of the area's newest attractions when we tour the Museum of the Bible on **Thursday, Jan. 10.** The museum opened late last year with 1,150 items from the museum's permanent collection and 2,000 items on loan from other institutions and collections. The museum claims to have amassed one of the largest assemblies of biblical artifacts and texts in the world through collaborations with private donors, institutions, and other museums. We'll depart from the Village Center at 9:15 a.m., arriving in time to take a guided tour of the highlights of the museum. Dine on your own at the museum's Manna café, featuring Mediterranean cuisine or enjoy lighter fare at Milk and Honey. You'll have the afternoon to explore more of the museum,



including its extensive gift shop, at your leisure.

The cost of the trip is \$49, which includes round-trip transportation, admission and highlights tour, and all taxes and gratuities. We should return by 3 p.m.

Sign up immediately at the Village Center. Nonresidents may sign up beginning Dec. 12.

There are 24 spaces available.

## Join us for a festive start to 2019

Celebrate the arrival of 2019 when the Friendship Heights Village Council hosts its annual New Year's Day Open House at the Village Center on **Tuesday, Jan. 1, from 2 to 3:30 p.m.**

The open house features light fare from Ridgewell's Caterers and music from harpist Kristin Jepperson.

The shuttle bus will run from 1:30 to 4 p.m. only between residential buildings and the Village Center.

Please join us for this annual event that offers a wonderful opportunity to mingle with neighbors in a relaxed and cordial atmosphere.



## Songs in the spirit of the season with Victorian carolers at the Village Center

The Capitol Carolers will present the songs of the season during a special holiday program on **Tuesday, Dec. 18, from 2 to 3 p.m.,** at the Village Center.

The Capitol Carolers are a group of professional singers who have performed Christmas music since 2013 across the Washington, D.C., area. Lead by Stephanie Phelan and Bernie Kellett, this talented group of singers brings a lively performance of holiday favorites, Hanukkah classics and Christmas carols in public and private

performances during the Christmas, Hanukkah and Kwanzaa holidays.

The group's informal performances encourage audience participation and blend new arrangements of old classics with traditional versions of carols and songs you know and love. Suitable, as the song says, for "kids from one to 92"—everyone will enjoy getting into a holiday spirit with the Capitol Carolers. Stay afterward for Tuesday tea at 3 p.m. The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

**Village Council vacancy, see page 3.**



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## Help those less fortunate this holiday season

Once again the Village Center is collecting food items for Manna Food Center, the main food bank in Montgomery County. Manna feeds almost 40,000 individuals every year. Please bring donations to the Village Center by December 17; they will be delivered to Manna before the holidays. The foods most needed include low-sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna's Smart Sacks, a program to fight childhood hunger. Important: please check expiration dates before bringing donations, and do not bring anything in a glass jar.



*Friendship Heights*

## VILLAGE NEWS

**[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)**

**Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)**

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space in the January issue is Dec. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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# Village Council Update

## Village mourns loss of Alexandra Kielty

Former Village Council member and longtime resident Alex Kielty passed away on November 5. She had



resigned from the Council due to health issues in late October.

Alex was appointed to the Council in October 2017 and served as Council Historian. Previously she served as President and Vice President of The Elizabeth Condominium

Association. Alex had a lengthy career with the U.S. Department of Labor. She will be greatly missed.

## Announcement of Council vacancy

The Village Council invites applications for the position of Council member to fill Alex Kielty's unexpired term. Applicants must be registered and qualified voters and reside in the Village.

A statement of interest, indicating the applicant's experience, should be submitted to:

Julian Mansfield, Village Manager  
Village of Friendship Heights  
4433 South Park Avenue  
Chevy Chase, MD 20815.

Or email to: [jmansfield@friendshipheightsmd.gov](mailto:jmansfield@friendshipheightsmd.gov).  
Deadline for receipt of applications will be 5 p.m., December 31, 2018.

The Council will review the applications and determine if and when interviews will be scheduled. If the Council decides to make a recommendation to fill the vacancy, the recommendation will be sent to the Montgomery County Council, which, per our charter, will make the final decision.

Any person approved by the County Council will serve until the May 2019 election.

## County TRiPS commuter store here every Wednesday

Montgomery County's TRiPS mobile commuter store is now in the Village on Wednesdays from 10:15 a.m. to 1:15 p.m. The mobile store parks on Friendship Boulevard adjacent to the Village Center.

You can buy all types of transit passes for Metrorail, Metrobus & Ride On, including regular and senior SmarTrip cards. The store also offers information on



using transit services, including biking, bikeshare and other options for getting around without driving. Go to [www.montgomerycountymd.gov/commute](http://www.montgomerycountymd.gov/commute) or call 240-773-8747 for more information.

## Village participates in Veterans Day bell ringing ceremony

Mayor Melanie White presided over a special ceremony at the Village Center to mark the 100th anniversary of the end of World War I on November 11. Maryland Governor Larry Hogan issued a proclamation for bells to be tolled at 11 a.m. throughout the state to honor veterans of the war. Following the bell ringing, we had a concert featuring a local pianist and vocalist who performed songs of the war era.



Other actions taken at the November 19 Council meeting:

- Approved proposal from Adirondack Tree Experts to remove ash tree in Page Park for total cost of \$6,500.
- Approved proposal from Triad Basement Waterproofing to repair leak at Village Center for total cost of \$7,870.
- Approved proposal from Chamberlain Contractors to repair brick sidewalk on Friendship Boulevard for total cost of \$5,700.

*The next Council meeting, open to the public, will be Monday, December 10, at 7:30 p.m.*





## Bringing cheer back to the holidays after loss

No matter how long it has been since your loved one passed, grief can make the holidays a painful time. Join us for an encouraging talk on **Thursday, Dec. 6, from 1 to 2 p.m.**, at the Village Center. Our talk is designed to help you not only survive the holidays, but discover new reasons to enjoy them again.


The lecture, presented by JSSA, will discuss the range of emotions that grieving individuals may feel during the holidays, and offer insights and strategies for coping during this emotionally charged season.

JSSA is a community-based nonprofit, providing a continuum of care to older adults.

We'll also have information for caregivers available following the talk. Refreshments will be served.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

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## The Carter White House years with Stuart Eizenstat

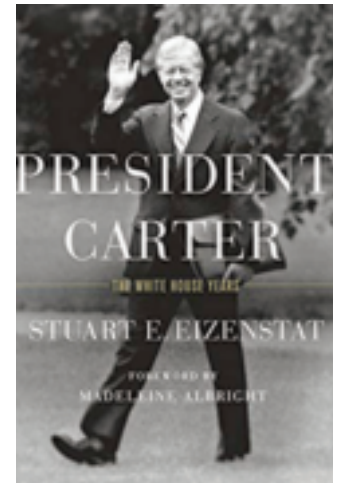
Chief White House Domestic Policy Adviser for President Carter, Stuart Eizenstat, will discuss his new book on **Monday, Jan. 7, at 7 p.m.**, at the Village Center.

Please note that due to a scheduling conflict, this event has been rescheduled from the original December date.

In his book, "President Carter: The White House Years," Eizenstat presents an intimate, firsthand history of the administration he says is "one of the most unappreciated, but most consequential and accomplished one-term presidencies in modern American history."

Mr. Eizenstat was on the White House staff of President Lyndon Johnson (1967–68); President Carter's Chief White House Domestic Policy Adviser (1977–1981); and U.S. Ambassador to the European Union, Under Secretary of Commerce for International Trade, Under Secretary of State for Economic, Business & Economic Affairs, and Deputy Secretary of the Treasury, as well as Special Representative of the President and Secretary of State in the Clinton Administration (1993–2001). In the Obama Administration he was Special Adviser to the Secretary of State throughout the two terms.

Please let us know if you plan to come by calling 301-656-2797. Copies of the book will be available for purchase.



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## Holiday happenings in the Brandywine Valley

Travel with us to the beautiful Brandywine Valley for a holiday tour of Winterthur and Longwood Gardens on **Monday, Dec. 10.**

We'll depart from the Village Center at 7:30 a.m. and travel to see Yuletide at Winterthur, capturing the warmth and festivity of the season with a magnificent holiday tour of Henry Francis du Pont's mansion.

Following our visit to Winterthur, we'll travel to Longwood Gardens for a lavish luncheon and a tour of the spectacular gardens and conservatory.

We should return to the Village by 7:30 p.m. The cost of the trip, which includes round-trip transportation, tour of Winterthur, luncheon and tour at Longwood Gardens, and all taxes and gratuities, is \$170.

Sign up immediately at the Village Center. Just a few spaces remain for this trip!



## Welcome new PAC members

Three Village residents joined the Program Advisory Committee last month. They are, from left, Phyllis Meltzer, Alicia Guevara, and Asha Dees.

They have been active in the Village as volunteers and participants in numerous activities. We look forward to their input on programs for Friendship Heights. Welcome!

The Village Book Club will meet on **Tuesday, Dec. 18, at 11 a.m.** The book selection is "Soul of America" by Jon Meecham. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

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# PLAYING on the BIG SCREEN



*All movies begin at 7 p.m. Enjoy free popcorn during the movies.*

**Thursday, Dec. 6, 7 p.m.—Movie—“The Leisure Seeker”**—Traveling in their family Leisure Seeker vintage recreational vehicle, John and Ella Spencer take one last road trip from Boston to the Hemingway House in the Florida Keys before his Alzheimer’s and her cancer can catch up with them. Stars Donald Sutherland and Helen Mirren. Rated R. Running Time: 113 minutes.

**Thursday, Dec. 13, 7 p.m.—Movie—“Black Panther”**—After the death of his father, T’Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T’Challa’s mettle as king—and as Black Panther—gets tested when he’s drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies. Rated PG-13. Running Time: 135 minutes.

**Thursday, Dec. 20, 7 p.m.—Movie—“The Man Who Invented Christmas”**—In 1843 London, author Charles

Dickens finds himself in financial trouble after writing three unsuccessful novels in a row. Desperate for a hit, Dickens relies on real-life inspiration and his vivid imagination to bring Ebenezer Scrooge, Tiny Tim and other classic characters to life in “A Christmas Carol,” forever changing the holiday season into the celebration known today. Stars Dan Stevens and Christopher Plummer. Rated PG. Running Time: 104 minutes.

**Thursday, Dec. 27, 7 p.m.—Movie—“Christopher Robin”**—Christopher Robin—now a family man living in London—receives a surprise visit from his old childhood pal, Winnie-the-Pooh. With Christopher’s help, Pooh embarks on a journey to find his friends—Tigger, Eeyore, Owl, Piglet, Rabbit, Kanga and Roo. Once reunited, the lovable bear and the gang travel to the big city to help Christopher re-discover the joy of life. Rated PG. Running Time: 103 minutes.



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# ART and CULTURE

## Friendship Gallery features art from Center instructors



Five art instructors will offer a retrospective exhibit spanning 40-plus years during the month of December. This exhibit ran in November but has been extended until January 5.

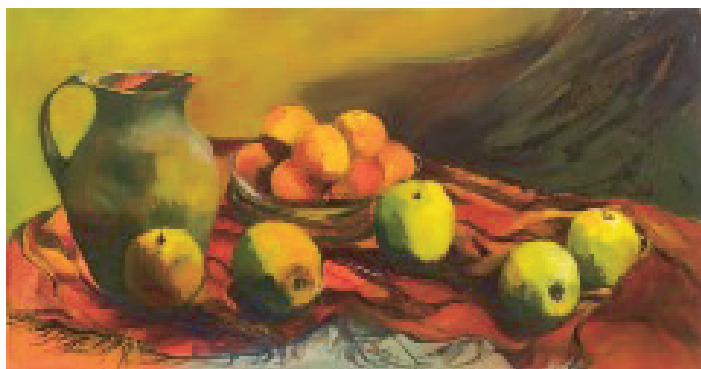
Instructors include Friendship Gallery Curator Millie Shott, who teaches painting; Marianne Winter, portraiture; Joan Samworth, still life and abstract art; Lew Berry, photography; and Doris Haskell, art instructor emeritus.

These teachers have offered their expertise and many years of experience to young people and adults for years.

In December, each instructor will have eight to 10 pieces of art that represents up to 50 years or more of inspirational and visionary artistic expression. Often their instruction has led many students to storied careers in arts industries, art appreciation and support for the arts.



Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Clockwise from upper left: "Big Sky" by Marianne Winter, "Mark's Pitcher" by Joan Samworth, "Tranquility" by Millie Shott, and "We Wear Masks" by Llewellyn Berry.



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# CLASSES AND CLUBS

**PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

## ART

### ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., Dec. 14–March 9. Bring your existing materials and paper or canvas to the first class. For those who have previously taken this class; others may call Joan at 301-346-7238. \$200 for residents; \$215 for nonresidents. Class will not meet Dec. 28.

### ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Jan. 9–Feb. 13. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

### PAINTING FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, Tuesdays, 1:30 to 3:30 p.m., Jan. 8–Feb. 12. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks, and glues. The cost is \$60 for residents; \$70 for nonresidents. Minimum number of students is eight; maximum is ten.

### BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays,

10:30 a.m. to 1:30 p.m., Dec. 8–Jan. 26. \$130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred.

### BASIC PHOTOGRAPHY FOR CHILDREN

An 8-week course in black and white and color photography for children. Taught by Llewellyn Berry, Saturdays, 9:30 to 10:30 a.m., Dec. 8–Jan. 26. \$75. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. A minimum of four students is required.

## EXERCISE

### BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Jan. 8–Feb. 12. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at [staraka4u@gmail.com](mailto:staraka4u@gmail.com).

### BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Jan. 4–Feb. 8. Exercises are designed to target balance issues as

well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

### CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Jan. 9–Feb. 13. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

### DC TAI CHI (INTRODUCTION)

An 8-week class, Mondays, 9:30 to 10:30 a.m., Jan. 7–Feb. 25. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for more information.

### DC TAI CHI (ONGOING)

An 8-week class, Wednesdays, 9:30–10:30 a.m., Jan. 9–Feb. 27. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for details.

## **MAT PILATES**

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Jan. 8–Feb. 12. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

## **CHAIR YOGA & MEDITATION**

A 6-week session, Thursdays, 10:30 to 11:45 a.m., Dec. 13–Jan. 18. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

## **SPANISH CONVERSATION**

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group Thursdays, 4 to 5:30 p.m., until Dec. 20. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

## **STRENGTH TRAINING**

A 6-week class, Mondays, 1 to 1:50 p.m., Jan. 7–Feb. 25. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet on Jan. 21 nor Feb. 18.

## **YOGA**

A 10-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s Cherryblossom Yoga. Sundays, 9:10 to 10:30 a.m., Jan. 6–March 17. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for two hours before class. Class will not meet Jan. 20.

## **ONGOING GROUPS**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations Tuesdays, 2 to 4 p.m.

### **CHESS**

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

### **DROP-IN TAI CHI**

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

### **GREAT BOOKS GROUP**

Book lovers participate in lively discussions of works, usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean

McNelis at 301-656-6695.

## **HEALTH INSURANCE COUNSELING**

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

## **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of every month, 2:30 to 3:30 p.m.

## **TEA**

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

## **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 5.

## **VILLAGE BRIDGE CLUB**

The bridge club meets Mondays, 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

## **VILLAGE PLAY TIME**

Toys and play equipment will be set out at the Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver or family member over age 13.

**Continued on page 14, see Classes and clubs**



# CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall in the Village Center.

## Wednesday, Dec. 5— Frank Cassel and the New

**Mountain Fever Band**— Frank Cassel has been a performing musician, songwriter, and teacher in the Washington, D.C., area for many years. He plays guitar, flute and 5-string banjo professionally, specializing in folk, bluegrass and original music. He is well-known in the area as an entertaining and engaging performer. He has recently performed his solo show for general audiences at major venues, such as the National Theatre and Strathmore Music Center. His banjo music can be heard in the movie, “Barnstorming,” on PBS stations nationally. He received an Individual Artist Grant from the Montgomery County Arts and Humanities Commission to complete his new CD of original songs for general audiences.



**Wednesday, Dec. 12— Vocal Express**—Vocal Express is a polished vocal ensemble that has been singing American popular music since it was formally organized as a small show chorus with 13 members in July 1995. They have leveraged their members’ 33-year age span to help them select songs that have wide appeal to all age groups and lovers of all kinds of music— Broadway, rock, country, calypso, jazz

## Marsha’s musical morning

Marsha Goodman-Wood of Marsha’s Musikgarten returns to the Village Center on **Tuesday, Dec. 11, at 10 a.m.** for a morning of music for children. Marsha is a singer/songwriter performing her own original indie rock-infused songs for kids and well-known favorites guaranteed to get the audience singing and dancing.

Toddlers and their friends and siblings are welcome, but must be accompanied by a parent or caregiver.

This free event is particularly appealing to the pre-school set, but all ages are welcome to attend.

For more information, call the Village Center at 301-656-2797.

and patriotic. They sing both a cappella and accompanied music. Accompanist Mitch Mitchell has been a professional pianist since he was 15 years old. He has played with the U.S. Army band for 13 years and has performed all over the world.

## Wednesday, Dec. 19 — PEAR DUO—Curtis Brengle and Julie Ragins are 30-year veterans in the Los Angeles

music scene, recording, performing, and touring with The Moody Blues, Ray Charles, American Idol, Sheena Easton, Chaka Kahn, Engelbert Humperdinck, Sergio Mendes, the Pointer Sisters, the Glenn Miller Orchestra, Deniece Williams, Brian Setzer, and more. In 2015 the two created the project PEAR DUO and today have a flourishing piano/vocal duo show that is touring the country.



## Wednesday, Dec. 26 —Friday Morning Music Club —

Friday Morning Music Club Students Division is delighted to be back in Friendship Heights. The performers include an impressive lineup of young musicians. Most of them, while still in high school, are laureates of numerous competitions and are already accomplished musicians. The program will feature classical composers from Baroque to Contemporary.

### A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

# TO YOUR HEALTH

## Keep vision in your future

Nationally recognized glaucoma expert Arthur Schwartz, M.D., will speak at the Friendship Heights Village Center on **Saturday, Jan. 26, at 10 a.m.** Doors open at 9:30 a.m. Dr. Schwartz, a Clinical Professor of Ophthalmology at Georgetown University School of Medicine, is Chief of the Glaucoma Service at Georgetown-Washington Hospital Center, and has a private practice at Washington Eye Physicians and Surgeons. Hear current information about protecting your sight, cutting-edge research, and future hopes. In recognition of January as Glaucoma

Awareness Month, the Prevention of Blindness Society of Metropolitan Washington will offer free glaucoma screenings from 11:30 a.m. to 1:30 p.m. Light refreshments will be served. Please call the Village Center at 301-656-2797 if you plan to attend.



## Holiday fire safety and prevention

Celebrations, flickering lights and winter greens are hallmarks of the holiday season, but they also present fire risks that can quickly turn this festive time of year into a devastating one.

Bethesda-Chevy Chase Fire and Rescue Deputy Chief Jim Resnick will address the importance of fire prevention and protection and how to keep your home and family safe during the holiday season during a Suburban Hospital lecture on **Wednesday, Dec. 12, from 1 to 2 p.m.** at the Village Center.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.



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## Café Muse presents...

Café Muse will feature poets Hope Snyder and Michael Collier on **Monday, Dec. 3**, at the Friendship Heights Village Center.

Hope Snyder is the author of *Esperanza* and *Hope* (Sheep Meadow Press, February 2018). Her play, *The Backroom*, is being adapted into a film. Her poems and translations have appeared in *Alehouse Press*, *Blackbird*, *The Kenyon Review*, *The Gettysburg Review*, *Poetry Northwest*, and elsewhere. Honors include scholarships to Squaw Valley and the Latino Writers' Conference, the Donald Everett Axinn Award in Poetry, and various fellowships. She was a Writer in Residence at Hood College, Frederick. More recently, she has been on the staff for Bread Loaf in Sicily. She lives in Shepherdstown, W.Va.

Michael Collier is the author of seven poetry collections including *An Individual History* (2012), a finalist for the Poet's Prize, and *The Ledge* (2000), a finalist for the National Book Critics Circle Award and the Los Angeles Times Book Prize. His most recent collection is *My Bishop and Other Poems* (University of Chicago Press, 2018). He has published a translation of Euripides's *Medea* (2006) a collection of essays, *Make Us Wave Back* (2007), and he co-edited *A William Maxwell Portrait* (2004). He is the

director of the Creative Writing Program at the University of Maryland and is a former director of the Middlebury College Bread Loaf Writers' Conferences. He lives in Catonsville. Attending poets are invited to participate in an open mic that concludes the Café Muse program. Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30.

### Classes and clubs, continued from page 11

Every second and fourth Tuesday features music by Marsha Goodman Wood at 10 a.m.

### VISION SUPPORT GROUP

Meets once a month; check calendar for day and time. Call Janet Morrison at 301-538-9358 for details. See page 13.

### WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Helen Davis at 301-718-6340 for details.

### YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.



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# Village residents enjoyed art-filled shopping at craft fair



Photos by Carolina  
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### **Friendship Heights Caregivers Group Survey**

The Friendship Heights Village Center is in the process of planning a series of presentations and discussions on adult caregiving issues. Programs will be offered monthly on a weekday afternoon. Please indicate your preference for topics of interest and give the survey to the Village Center front desk staff by Dec. 10. Copies of this survey are also available at the Center front desk. Notices of the day will be posted in the January Village News and on the Village website: [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov).

Please indicate the following:

The most convenient day / time for me to attend the meetings are (circle one):

Wednesday afternoon: 3 to 4:30 p.m.

Friday afternoon: 3 to 4:30 p.m.

Topics I'd find interesting (circle three)

Coping with memory loss

Where to get help here in the community

Dealing with anger: mine and my loved one

Strategies to stop my loved one from driving

Asking for help from family members

Financial help resources

Family and holiday celebrations

Diagnosed dementia conditions

Planning for the future

Coping with parent's memory loss

Coping with adult child with disabilities



*Friendship Heights*

**VILLAGE NEWS**

Friendship Heights Village Center  
4433 South Park Avenue  
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**December 2018 events calendar**